

“Claiming My ‘Peace’ of Heaven in 2011”

Today’s Lesson

Soul Energy

PowerPoint notes are available at
www.unityofbakersfield.com

Soul Energy

“Man is Spirit, soul, body. Spirit is the I AM. The body is soul expressing, and soul includes the conscious and subconscious mind.” -Charles Fillmore, Co-founder Unity

Soul Energy

Unity teaches the three-fold nature of humankind which embodies the human trinity of:

Spirit – which is our divine connection as spiritual in nature and identity.

Soul – which contains our spectrum of awareness as it relates to the physical and spiritual nature of things.

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Body – which is the out-picturing of the soul at its various stages of unfoldment.

Since the days of Socrates, Plato, & Aristotle the idea of our soul has been debated, questioned, and even weighed by modern science. (1/3,000th of an ounce – www.noeticsciences.co.uk)

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The Kabbalah (esoteric Jewish mysticism) understands the soul as having three elements: *nefesh*, *ruach*, and *neshamah*.

Nefesh (ne’fesh) - the lower or animal part of the soul. It links to instincts and bodily cravings. It is found in all humans, and enters the physical body at birth. It is the source of one's physical and psychological nature.

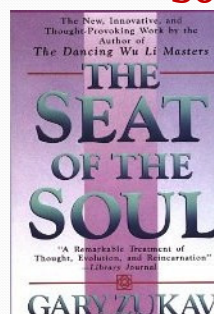
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Ruach (ru’ah)- the middle soul, or spirit. It contains the moral virtues and the ability to distinguish between good and evil. In modern parlance, it equates to **psyche** or **ego**-personality.

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Neshamah (ne'sha ma) - the higher soul, Higher Self or super-soul. This distinguishes man from all other life forms. It relates to the intellect, and allows man to enjoy and benefit from the afterlife. This part of the soul is provided both to Jew and non-Jew alike at birth. It allows one to have some awareness of the existence and presence of God.

Soul Energy



In December of 1989 Gary Zukav's book empowered me to activate my soul energy so that I could consciously begin my spiritual journey and bring about a greater sense of self and a connection to the divine.

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As human beings we have the power to perceive our world. It is within our perceptions that we find two activities taking place that either create our heaven or hell on earth. In his book, Gary illustrates this point through the eyes of the five-sensory human and multisensory human.

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The Five-sensory Human

Sees itself as separate, disconnected, and alone from anything not like itself.

Believes the physical is unaccountable to anyone or anything—stuff just happens.

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The Five-sensory Human

Since stuff just happens we must always seek to dominate the world so we can survive.

Believes that their intentions have no effect themselves or others.

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The Multi-sensory Human

Sees the Universe as alive with a divine life force that connects us to everything.

Believes the physical world is a learning environment created jointly by all the souls who that share it.

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The Multi-sensory Human

Understands that all intentions have consequences when added to an action.

Intent + Action = Manifestation.

The effect of the manifestation sets up a new round of responses for all that are effected by it.

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Every human has within them the capacity to live their lives according to which perception they choose for themselves.

If you choose to evolve unconsciously, you evolve unconsciously and stuff will continue to happen.

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If you choose to evolve consciously, you evolve consciously and stuff will no longer have the impact on your life that it once had.

Your soul is not a passive or theoretical entity that occupies a space within you. It is a purposeful force at the core of your being. -Gary

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Unity understands and teaches that the soul is that pivotal part of us that can turn to the divine essence (the Christ within) or to the outside world and the material perceptions (Ego) in order to create our heaven or hell on earth.

The soul is energized to create from Spirit or Ego...it's our choice.

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Gary reminds us that: When the energy of the soul is recognized, valued, and acknowledged, it begins to infuse the life of the personality (ego). When the personality comes fully under the influence of the energy of the soul, authentic empowerment takes place.

Exp: Jesus' temptations...

Soul Energy

You have the power to choose to align with the world or with spirit. Every circumstance and situation give you're the opportunity to choose a path, to allow your soul to shine through you. Let your soul energy bring into the physical world a heaven of your choosing.